

Your FREE personal guide to **AR KRAV MAGA** Self Defence Training

A NEW BEGINNING



READ INSIDE TO FIND OUT...

- AR Krav Maga's 4 Key Pillars
- Why people just like you are learning Krav Maga
- The practical and useful skills that Krav Maga can teach you
- What is Krav Maga?
- How Krav Maga can burn calories and get you in the best shape of your life
- Reviews
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- Classes and Courses available just for YOU!

AR KRAV MAGA
SELF-DEFENCE TRAINING

www.arkravmaga.co.uk

AR Krav Maga® is an official Krav Maga Global (KMG) Club. We are the only provider of authentic Krav Maga self-defence classes in Norfolk



Hi, I'm Tony Robinson, Chief Instructor at AR Krav Maga Self Defence Training Norwich UK. Thanks for requesting your personal guide, I'm so pleased that you have shown an interest in starting your Krav Maga Self Defence Training journey with us. I really hope that this guide answers some of the questions you may have and more importantly gives you the confidence to come and meet us at AR Krav Maga (Mixed Adults, Women Only or our Kids and Teens

classes). A little bit about me and the guide is yours. I started instructing Krav Maga in 2014 after completing the General Instructors Course (GIC) with Krav Maga Global (KMG). I served in the British Army for over 30 years reaching the rank of Captain, most of which was in the elite Royal Army Physical Training Corps, before deciding to leave the Forces in 2016 to focus on teaching Self Defence full time. Yes, full time, no day time job in the office or building site for me (as respectable as those are), I teach Krav Maga professionally full time. My aim is to teach you or your loved ones how to be Safer, Fitter, Smarter and be Always Ready.

You might think that I'll begin this guide with a detailed explanation about AR Krav Maga, our history, our training methods, and our talented instructors? All I'm willing to say right now is that Krav Maga is a practical, modern, effective and realistic system of self-defence training and fitness that was developed, and continues to be developed in Israel, and that everyone who trains with AR Krav Maga shares some very common and clear goals. To get fit, stay safe... and be in the best shape of their lives! So, let's start with what's important to you right now! How can Krav Maga training benefit you and how has it helped people just like you? There is a well-known saying in the Krav Maga world that Krav Maga is for everyone... and to be honest with you – I disagree!

Krav Maga is for you if you want to achieve one or all of the following things:

- 1) Feel Safer outside in public places or indeed in your own home.
- 2) You want to get Fitter, lose weight or just get in better shape.
- 3) Be Smarter by understanding the rules out there and the UK Law in relation to self-defence.
- 4) That confidence of feeling Always Ready.

AR Krav Maga is a fun, friendly club of like-minded people who just want to learn how to look after themselves, a colleague, or a loved one whilst becoming Safer, Fitter and Smarter, and feeling Always Ready at the same time.

In fact, don't just take my word for it. The Sunday Times described Krav Maga as... "The most effective Self Defence and Fitness training in the UK today!"



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AR Krav Maga's 4 Key Pillars

1. SAFER



AR Krav Maga is for you if you want to feel Safer outside in public places alone, with friends or indeed in your own home. AR Krav Maga will teach you how to avoid, prevent, de-escalate, escape and evade potential verbal or physical situations before they occur by learning how to avoid and recognise potential conflicts areas and how to de-escalate situations, and if you must, how and when to use effective self-defence skills to look after yourself or a loved one.

"It's better to avoid than to run; better to run than to de-escalate; better to de-escalate than to fight, better to fight than to die. The very essence of self-defence is a short list of principles that might just get you out alive when you're already screwed". Rory Miller

Krav Maga training scenarios vary greatly from awareness drills to multiple attackers and everything in between. Through doing these type drills, in small groups or with your training partner, helps develop and increase your situational awareness and decision making under stress.

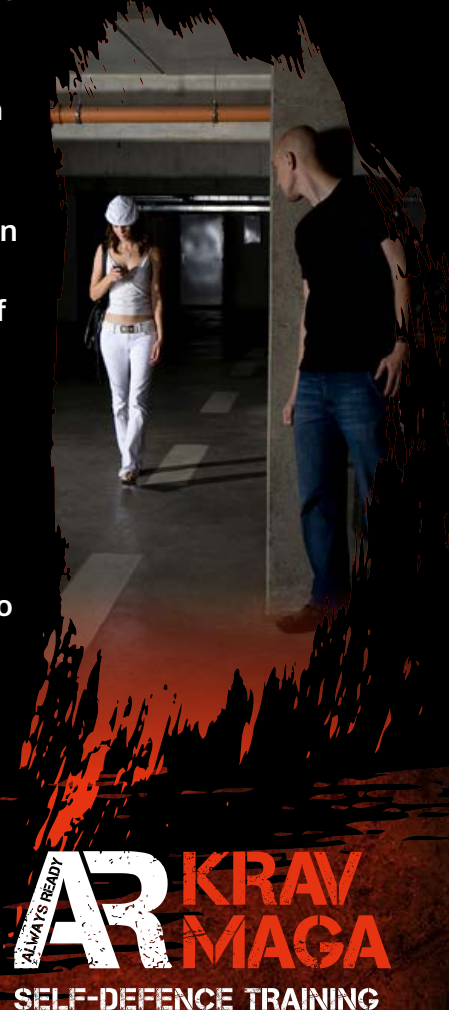
This is achieved from good team cohesion and friendship in a fun and friendly atmosphere where egos are left at the door. Based on your natural reactions we will teach you a high level of effective self-defence skills in a short space of time. You will develop a greater ability to handle verbal or physical situations and how to protect yourself in threatening situations, such as on the ground, in an alleyway or at a cash point, and how to use everyday objects for self-defence such as your back pack or handbag. You will learn how to defend against weapons like knives, bats, bottles, and even firearms. You will learn how to protect yourself against a would-be attacker or multiple bad guys regardless of your size, gender or situation. You will learn the principles of Fight, Flight or Freeze response. Learn how to protect the people you care most about and not becoming a victim yourself.

In martial arts you have rules (no kicks to the groin or biting for example), weight categories and you are generally experience matched for sporting fights or contests. In Krav Maga we don't have any of those, an attacker does not care or follow any such rules, nor do they care about your size, sex or experience. However, we must understand the UK Law in Relation to Self-defence and Personal Protection.

> WAYNE

REALLY WELL ORGANISED AND PROFESSIONAL SET UP

My daughter really enjoys herself and can't wait to go to her next class. Such a well organised and professional set up. I didn't expect that there would be so many instructors to pupil ratio. Really impressed with the whole class. Thanks



ALWAYS READY
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AR Krav Maga's 4 Key Pillars

2. FITTER

If you want to improve your Fitness, lose weight or just get in better shape Krav Maga is for you. AR Krav Maga training sessions typically consist of a 90-minute military style high intensity work out covering just about every component of fitness:

- > **MUSCULAR STRENGTH** - the ability to carry out work against a resistance, like pushing off a heavy person on top of you.
- > **MUSCULAR ENDURANCE** - the ability to repeat a series of muscle contractions without fatiguing like running upstairs or pulling your friend to a safe place.
- > **POWER** - the ability to exert a maximal force in as short a time as possible, as in accelerating, throwing implements or quickly jumping away from danger.
- > **SPEED / QUICKNESS** - the ability to move quickly across the ground or move limbs rapidly to grab or throw or not get grabbed or thrown.
- > **AGILITY** - the ability to quickly change body position or direction of the body in response to a dangerous situation.
- > **FLEXIBILITY** - the capacity of a joint to move through its full range of motion, which is important for execution of the techniques of sports like kicking.
- > **BALANCE AND COORDINATION** - the ability to stay upright or stay in control of body movement, an important component of many sports skills especially staying on your feet in a self-defence situation.
- > **CARDIOVASCULAR ENDURANCE** - or aerobic fitness, stamina, is the ability to exercise continuously for extended periods without tiring, like being able to run far enough away from an attacker.
- > **MOTOR SKILL** - gross motor skills are the basic skills developed when young, which can be developed upon with specific sports skills training. Gross motor skills are the easiest responses to be called upon in a Fight, Flight or Freeze situation.
- > ...and as a result, your **BODY COMPOSITION** will change (you could lose weight or put on some lean muscle).



> BECKS

GENUINE AND EMPOWERING CLASS

If you're looking for education and practical application in self-defence, then this is it. Instructors are very informative, personable and help you to feel confident and empowered in real-life situations. I can't recommend enough.



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All these components of fitness are present in everyone's daily lives. You just may not realise it. For instance, you use agility when walking quickly through a crowd when shopping at the mall on a busy day. Muscular strength and endurance are being used when digging the garden. Your body composition is stagnating every time you choose not to go for a long walk outside or attend training and instead sit on the couch and watch another episode on Netflix.

Knowing all these components of physical fitness will help you to be stronger, leaner, and will increase your overall fitness level at any age. If you go to the gym, hit the road or a fitness class you might cover a few of these if you're lucky and know-how... we cover most of them functionally in every session and you get to learn self-defence and the same time! How cool is that? Enjoy your training and have fun!



MyCaloriesBurned.com said that "Krav Maga is a great way to burn calories whilst learning something useful!"

AR Krav Maga's 4 Key Pillars

3. SMARTER

Be Smarter... know the rules out there, understand why bad people do what they do and know the UK law. To be good at self-defence you need to think like a predator – how would you stage the perfect crime? Who would you look for to rob or assault and why? Where would you conduct this crime? When? Who with?

As explained earlier we don't have any rules in Krav Maga but that doesn't mean you can do what you like and plea self-defence. The law in relation to reasonable force for purposes of self-defence can be found in Section 76 of the Criminal Justice and immigration Act 2008. This is a lot of information but its very important for us.



LIZ

ABSOLUTELY FANTASTIC CLASS!

This class is amazing, both of my sons attend, and they love it! The guys who run the class are brilliant with children and ensure they learn not only how to protect themselves in real life situations but how to have fun and respect not only the trainers but each other as well. The change in confidence to both boys has been truly fantastic. Massive thanks to Tony and the rest of the guys.

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SECTION 3 (1) OF THE CRIMINAL LAW ACT 1967

To gain a better understanding of the law in relation to self-defence we can look at Section 3(1) of the Criminal Law Act 1967 states that any person may use such force as is Reasonable in the circumstances in preventing a crime or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large. This Act of Parliament

therefore, provides, in its interpretation, the right of all citizens to use force in their defence or in the defence of others in the prevention of a crime (since any infliction of force upon another person may amount to an assault against the person and as such a crime). Therefore, what would otherwise be regarded as criminal conduct is sometimes allowed as a lawful excuse. A list of lawful excuses for the use of physical force taken from the Law Commission Draft Criminal Code are listed below:

- > TO PREVENT OR TERMINATE CRIME, OR TO EFFECT OR ASSIST IN THE LAWFUL ARREST OF AN OFFENDER OR SUSPECTED OFFENDER OR PERSON UNLAWFULLY AT LARGE.
- > TO PREVENT OR TERMINATE A BREACH OF PEACE.
- > TO PROTECT HIMSELF OR ANOTHER FROM UNLAWFUL FORCE OR UNLAWFUL PERSONAL HARM - THIS IS SELF-DEFENCE BROADENED TO COVER DEFENSIVE FORCE IN SUPPORT OF ANOTHER PERSON.
- > TO PREVENT OR TERMINATE THE UNLAWFUL DETENTION OF HIMSELF OR ANOTHER.
- > TO PROTECT PROPERTY (WHETHER BELONGING TO HIMSELF OR ANOTHER) FROM UNLAWFUL APPROPRIATION DESTRUCTION OR DAMAGE.
- > TO PREVENT OR TERMINATE A TRESPASS TO HIS PERSON OR PROPERTY.

Therefore, we can see that the right to use physical force is 'excused' by law if it is necessary to do so in line with one of the six lawful excuses listed above.

The general rule of law in this area is again Section 3(1) of the Criminal Law Act 1967 which states that "any person may use such force as is reasonable in the circumstances in preventing a crime or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large".

WHAT DOES 'REASONABLE' MEAN?

Reasonable force is based on two primary issues. That is that any force applied must be both Necessary and Proportionate in the circumstances if it is to be considered as Reasonable.

> JAAN

OUTSTANDING!

AR Krav Maga ran a superb course - interesting, well-structured and practical - it was also very safe and lots of fun. Both instructors took the time to engage with everyone and answer all our questions, as well as keep us well motivated.



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NECESSITY

With regards to self-defence or the defence of others, a person would have lawful excuse if it became **Necessary** to use physical force to:

> See list on previous page.

There is some overlap between these situations, e.g. in most cases where a person is using force in self-defence or in defence of another, they will also most probably be acting to prevent a crime being committed by an aggressor. However, in some cases only the common law defence will be available, e.g. where the attacker against whom the force used is not committing a crime, for example because they are a child below the age of criminal responsibility.

PROPORTIONALITY

A Proportionality standard has developed from case law. That is, the force used to repel the crime must be **Proportionate** to the force threatened. The standard is best defined in terms of what is **Reasonably Proportionate** to the amount of harm likely to be suffered by the defendant or likely to result if the forcible intervention is not made. This is interesting stuff and we cover it in detail in class.

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> JENNA

FANTASTIC SKILLS TO PROTECT YOURSELF

AR Krav Maga was great at explaining and teaching the skills required for self-defence if ever you were posed to a difficult situation in the real world. He sets the scene and makes you think about what you would do to protect yourself. Great teacher, great class!



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4. ALWAYS READY

If you attend class regularly... it won't be long before you start to feel Safer be that alone or with friends and family... if you attend class regularly you will start to feel Fitter not just in class but doing everyday things you enjoy... and if you attend class regularly you will certainly be much more Smarter and situational aware. With all this how can you not feel more confident and be Always Ready.



STEVE

INCREDIBLE! WHY DID I NOT START SOONER!

I have been a martial artist for many years (since a young child in fact) I have studied many forms of combat. Mainly for fitness and self-discipline but I also simply enjoy combat sports.

I only considered myself a 'master' of one but enjoyed the rest very much. I have had a large gap of NO training and wanted to get my fitness back and get back into the game, so I spoke with AR Krav Maga. After my first trial class I knew this was for me and did not wait long to join!

The training is always different, always detailed and always realistic. There is so much variation that its always enjoyable and I always leave having gained new skills. The other students are friendly and always very happy to help and develop no matter who you are, and Tony is a very funny and a brilliant tutor. I am so glad I joined AR Krav Maga.

I CAN'T WAIT UNTIL THE NEXT SESSION!

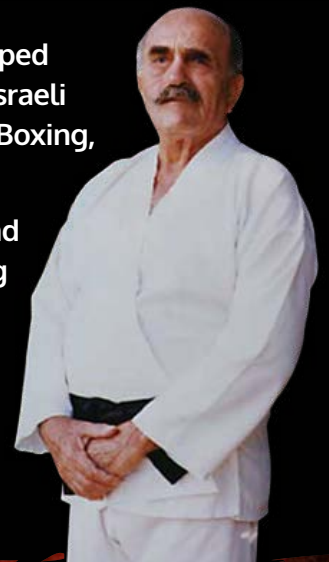
The Origins of Krav Maga

Krav Maga translates from Hebrew into English, as 'Contact Combat'. It was developed as an unarmed combat system by Imi Sde-Or (formerly, Imrich Lichtenfeld) for the Israeli Defence Forces (IDF). It consists of a wide combination of techniques sourced from Boxing, Muay Thai, Judo, Jujutsu and Wrestling along with realistic fight training.

Krav Maga is known for its focus on real-world situations and extremely efficient and effective counter attacks. The origins of Krav Maga was derived from street-fighting skills by Imi, who made use of his training as a boxer and wrestler as a means of defending the Jewish quarter against fascist groups in Bratislava, Czechoslovakia in the mid-to-late 1930s. In the late 1940s, following his immigration to Israel, Imi began to provide lessons on combat training to what was to become the Israeli Defence Forces (IDF), who went on to develop the system that became known today as Krav Maga. It has since been refined for civilian, police and military applications.

Krav Maga has a philosophy emphasising threat neutralisation, simultaneous defensive and offensive manoeuvres and aggression.

Original Krav Maga as taught by AR Krav Maga continues to be developed by Imi's closest assistant and highest-level instructor Master Eyal Yanilov of Krav Maga Global.



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WHAT'S IT ALL ABOUT AND WHAT ELSE WILL YOU LEARN?

I guess it's time you found out a little more about what Krav Maga involves and what you will learn and achieve. As I have mentioned training with AR Krav Maga is all about becoming SAFER, FITTER, SMARTER AND FEELING ALWAYS READY – this is achieved by learning practical skills to protect yourself or your loved ones.

The Self-defence techniques that we teach you are practical physical movements designed to help you learn how to get yourself out of tricky situations as quickly as possible, to protect yourself, or somebody else against any type of situation.

You'll learn all of these brand new and useful skills and practice them in every position that you might find yourself in during daily life such as standing, sitting down, on the ground, in a crowded area, walking home from work, on public transport or with a loved one... we help you to get proficient in these skills relevant to your everyday life!

KRAV MAGA BUILDS UPON YOUR NATURAL INSTINCTIVE REACTION - DON'T TRY AND CHANGE WHAT IS ALREADY IN YOU!

Krav Maga also has unique training methods to help you improve the way you think about your safety and the safety of your loved ones. This unique awareness training teaches you how to think, act and behave to avoid or deter a tricky situation. Learning all these new skills will make you more confident, it will increase your ability to make difficult decisions, not just in a tricky situation but also in everyday life, as the training will help you reduce your stress levels that are ever increasing with the demands of the modern world.

However, when learning all these fantastic new skills we must remember one thing... everyone is different in age, height, weight, size, strength, flexibility, fitness and confidence levels...

Krav Maga can be adapted to suit you and any limitations you might have... to say that Krav Maga is only for those who are 21 years old, fit strong and flexible is ridiculous as the system would be completely flawed... unfortunately, we're only 21 once!



Krav Maga is for everyone...meaning that it can always be adapted!

There is a fantastic clip on YouTube of a guy who is in a wheelchair... learning to effectively defend himself learning Krav Maga and getting exceptionally fit at the same time... how many limitations does he have? Many... yet the system adapts for him, and it can, if needed, adapt for you too!

Your journey so far...

If you're ready to start your Krav Maga journey then just visit www.arkravmaga.co.uk where you can book to come and trial some of our classes, otherwise read on...

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Up until now you have learned about how Krav Maga is taught, the types skills that you will learn, the attitude and ability that you will develop and how you will increase your fitness, lose weight and get in the best shape of your life... HOWEVER, now it's important that you understand WHY getting fitter whilst learning self-defence skills is extremely important for you, so let's cover them in this order:

- > KRAV MAGA – FOR SELF-DEFENCE AND SELF CONFIDENCE
- > KRAV MAGA – FOR FITNESS & WEIGHT LOSS

I want to tell you a story about my wife's dog, Ollie! Yes, that's right... I am going to tell you about my wife's dog. Ollie is about 10 Years old. He is a fantastic, placid and well-tempered dog. Every morning, like clockwork Ollie goes into the garden to do what dogs do. One morning, I let Ollie out as normal without realising my neighbour's cat was sitting in the middle of the grass intently enjoying the sun. Now, Ollie sees the cat and runs straight up to her, and just stands literally wagging his tail. Meanwhile, the cat hasn't realised Ollie is right behind her. Just so you know there is no way in the world Ollie would attack the cat, he just wants to play. So oblivious to the danger the cat turns around and finds herself face to face in the worst-case scenario, right in front of her is a Dog!! What does the cat do? And how does this relate to Krav Maga training? For a split-second the cat FROZE... just momentarily, she did nothing... She then looked around for somewhere to run... and decided she couldn't... With no other choice, the cat made a loud screeching hissing noise, raised her paws... made herself as big as possible and looked damn angry! Ollie at this point was very surprised, he jumped backwards, and the cat ran off and over the fence.

So, where's the Krag Maga

Simple, you are an animal; we all are... just that we are slightly more developed than others. However, our reactions in surprising or difficult situation are just the same as the cat... The only difference between the cat and humans is that the cat is constantly aware, looking for dangers in the form of people, cars and other animals.

Most humans aren't that aware of their immediate surroundings. Ask yourself this question, if the cat had seen Ollie from a distance coming out of the back door what would the cat have done? She would have ran of course, to get away from the potential danger. But because she didn't see Ollie, what did she do first? She froze just for a split second. In a tricky situation where you must consider your safety or the safety of someone you care dearly about, it is highly likely you will freeze too! The second thing that the cat did was to attempt to run. In a difficult situation, you must, where at all possible run... but when I say run, I don't mean you attempt to copy an Olympic sprinter and run 100m in under ten seconds. It might just mean not getting into a certain carriage on the train, it might mean walking away from a taxi rank where you can see some trouble... or indeed it might be running fast... it just means to move yourself away from the area or person(s) that are making you feel uncomfortable or, are trying to cause trouble. If all else fails, if you cannot avoid the situation you may have to protect yourself, to use practical and useful skills to ensure your safety, or the safety of a loved one.



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So, what is the aim of Krav Maga training

Yes, you are correct to reduce your freeze. Learning to not freeze in tricky situations is only the first step, Krav Maga teaches you to make good decisions, quickly and effectively, giving you the best possible opportunity to remain safe. Once you are confident in making decisions, you get less stressed in every area of your life, you can take a balanced approach to challenges and make the best decision for you and those you care about when it is most needed. Learning Krav Maga the right way means learning the right response first! At AR Krav Maga you learn in the following way...

- > Don't be in 'that' tricky situation where possible
- > If the situation starts, take some action as EARLY AS POSSIBLE
- > If you do not react early enough, use the self-defence skills quickly and efficiently as you can

During training we are developing your ability to make decisions, skills to defend yourself and improving your fitness to help cope with those situations.

Rarely does a boxer go into a boxing match unfit—why? Because he must last, he must be able to carry on, and make decisions as to what he is going to do next—he doesn't want to give up.

It is very much the same for self-defence situations you need to increase your fitness, to be able to carry on protecting yourself or your loved ones. You need be fit enough to be able to decide what to do next and not so tired that you choose to give up. And what happens when you get fitter and train to not give up, you get that fantastic body that you dreamed of or, you get back in shape like you once were!



A huge part of what AR Krav Maga is all about is to help you get fitter, stronger and in great shape as the emphasis on 'continuous combat motion' provides the toning you'd get from say boxing, with better full-body results. The best part is that most people rarely have to use the skills for self-defence as they leave each training session feeling that little bit taller, with more confidence to make the right decision as early as possible.

Fitness is very subjective, for an example, if you want to be fit enough to swim 40 lengths, research suggests you should go and swim regularly and work up to 40 lengths. If you want to run the marathon, start running long distances. It's not rocket science is it? This is called the SAID principle, which stands for, Specific Adaptation to Imposed Demands, simply your body adapts to what you ask of it over time. The website Athlepedia says: SAID is a training principle that explains that a certain exercise or type of training produces adaptations specific to the activity performed and only in the muscles (and energy systems) that are stressed by the activity.

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To go one step further, according to the SAID Principle, the body adapts in a specific fashion to the specific demands that are placed on it. For example, if one does figure skating a lot, one will adapt to the specific skill and strength demands of figure skating (he or she will develop lower body hypertrophy, strength, explosiveness, agility, etc.). In short, to develop a better golf swing, one should train the golf swing; to develop endurance for a marathon, one must train by running long distances. So, the age of excuse of "I want to get fit first before I start Krav Maga" just doesn't wash as it's such a broad and vague statement to make plus, you may not be gaining the right type of fitness to meet your training goals. Focusing your fitness goal by starting Krav Maga, you will develop the fitness specific to being able to look after yourself, your family and your friends at a pace that suits you, as you are getting fit whilst learning something useful.

Remember that Krav Maga was originally developed for soldiers in Israel, imagine how fit they had to be, would you like those very same results? Krav Maga will make you fitter, you will lose weight (of course your diet has to play a large part in this too) and you will get fit enough to protect yourself, fit enough to stay calm and make good decisions and fit enough to be able to pick your child up, or to help a friend to safety. Krav Maga gives you more options, choices and the ability to make the right decision, giving you the best possible chance of protecting yourself. Krav Maga gives you the knowledge to decide if the danger is imminent and the confidence to make the right decision appropriate to your skills helping to ensure you remain safe. The Law is always there to help you and if you understand the difference between protecting yourself and just simply hurting someone, then the Law is quite simply, on your side!

That question that everyone asks!

What do you think is the Million Dollar question that everyone who asks about Krav Maga, who has not read this guide asks? You guessed it... 'How long does it take me to learn Krav Maga and increase my fitness?' Let me change the question slightly, if someone were to ask you how long it took you to get good at your job? Could you give them a simple number in years, months or days it would take them?


To get good at anything you need to invest time, you need to be focused, you need to want to learn and above all have the attitude to succeed. Krav Maga is heavily promoted by some on the Internet as easy to learn, let me just explain what is meant by this. As you read earlier, Krav Maga builds on your instinctual reactions. It takes the reactions that are already natural to you and improves them. It makes them sharp, it makes them quicker and it adapts them to ensure they help you as best possible.



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So yes, in some respects Krav Maga is easy to learn, you can pick up the concepts and the principles quickly as they are useful right away, yet we cannot escape the fact that to get good at something you need to practice, you need to train, you need to attend class and listen to the instructor and constantly work on improving what you know. Much like the gym, if you just join, don't go and don't learn... you won't get good! There are no short cuts to anything in life, there is a direct relationship between what you do and what you get.

Earlier in this guide I gave you the chance to re-visit our website www.arkravmaga.co.uk and come and see us for some trial classes. We would love to have you join us, to introduce you to our members who are just like you and help you progress and reach the goals the same as they have.

Remember at the start I guaranteed you that if you decided to start training with us at AR Krav Maga that after 16 weeks of consistent training you will feel Safer, Fitter, Smarter and be Always Ready to keep yourself and your loved ones safe. If you take me up on this guarantee, then I would like you to reciprocate by agreeing to the following:

- > You are a committed and motivated person who wants to learn new skills with like-minded people.
- > You are willing to invest time and some money in your training to be able to progress towards your goals.
- > You must want to learn Krav Maga for the 'right reasons', for essential skills that you hope never to use for the protection of you or your loved one and to get fitter and more confidence in everything that you do!

Training safely gets you the best results, much faster! AR Krav Maga Self-Defence training is always carried out with safety as the most important aspect.

To maximize your success and reach your goals, you need a suitable training venue, proper equipment, a code of behaviour that is understood by everyone combined with a gradual approach to training to enhance learning and allow you to increase intensity as you progress and gain experience, at AR Krav Maga, we take pride in providing all this for you.



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Dear Reader, thank you for taking the time to read through the guide. I hope that it has been useful, and you learnt something? I want to offer you the opportunity to experience this training. It's a saying of the Krav Maga world that knowledge is passed on, but experience is acquired only through action. AR Krav Maga is taught by certified Krav Maga Global (KMG) Instructors so expect a fun and ego free self-defence club where like-minded people exercise together to achieve their fitness and personal training goals. Everyone is welcome so join us, have fun and learn how to become "Safer, Fitter, Smarter & Always Ready".

We look forward to meeting you,
Best Wishes – Tony Robinson

CLASSES AND COURSES AVAILABLE JUST FOR YOU!

- > Adult Mixed Ability - Trial Classes
- > Kids & Teens - Trial Classes
- > Women Only - Trial Classes
- > 12-Week Foundation Course for beginners
- > 1:1 or Small group personal/corporate training

THE BEST WAY
TO GET SOMETHING
DONE
IS TO
BEGIN



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